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Regional[Phlegmatic Antony loses his cool on being compared to Modi!](#)

Kerala Chief Minister A K Antony is known for his equable temperament. But on Wednesday the Opposition managed to disturb his cool by comparing him to his Gujarat counterpart Narendra Modi! [more...](#)

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Sports[Lee's lethal spell destroys Kiwis](#)

Australian speedster Brett Lee took 5/42 to destroy New Zealand and take his side to a 96-run win in their World Cup Super Six clash at St. George's Park in Port Elizabeth on March 11. [more...](#)

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Business[FM rolls back fertilizer price hike](#)

Going back on his earlier stand, Finance Minister Jaswant Singh on Tuesday withdrew the increase in the price of fertilizers made in the Budget. [more...](#)

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World[India calls for disarming Iraq through peaceful methods](#)

In the Security Council debate on the situation in Iraq, India asserted that force should be used only as the "very last, unavoidable" option and as authorised by the UN Security Council. [more...](#)



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[No scheme to have TV channels on trains](#)

The Government has not drafted any scheme to provide telephones, Doordarshan or Television Channels in trains, Minister of State for Railways Bandaru Dattatraya said in the Rajya Sabha on Friday. [more...](#)

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Opinion

[Opinion: Are political parties reading too much into Kalam's Gujarat visit?](#)

President A P J Abdul Kalam's decision to visit riot-hit Gujarat has acquired a political complexion with the Jammu unit of the VHP requesting him to go to the refugee camps in Jammu and Kashmir to see the "plight" of Kashmiri Hindus living there. [more...](#)

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- [Opinion: Is Sachin Tendulkar victim of questionable England tactics?](#) (31st July 2002)

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[Experts say experiments on animals cannot be stopped](#)

The government will set up an inter-disciplinary Task Force to draw up an action plan for progressive reduction in the use of animals for medical and other experiments and refinement of experimental methods to reduce pain to such animals. [more...](#)

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[Brawl at Esha Deol's party lands three NRIs in jail](#)

A night club brawl during a party hosted by Bollywood actress Esha Deol on Saturday resulted in the arrest of three Non-Resident Indians (NRIs). [more...](#)

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face to face



[Meet Kuljit Singh: Beauty with brains](#)

From her fledgling days to her first stint on the international ramp at Miss India-Worldwide 2002, Kuljit Singh, who participated in the pageant as Miss India-New Zealand, recollected the grooming and struggle she went through in an exclusive interview with ApunKaChoice.
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54 matches will be played between February 9 and March 23 and an estimated 1.3 billion viewers will watch 210 men trying to prove that they are the best cricketers in the world. It won't get any bigger or better than this. Welcome to the eighth ICC Cricket World Cup in South Africa. [more](#)

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While defending champions Australia are the favorites to win the title, teams like India, South Africa, Pakistan, West Indies and Sri Lanka are also strong contenders for the title. [more ..](#)

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The first attempt at a World Championship of cricket was in 1912, when a three-way series was arranged between the current Test playing nations, Australia, England and South Africa [more ..](#)

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Chicken Hazaarvi

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Serves 2

Preperation Time 30 Minutes

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Chicken

Ingredients

8 pieces of chicken breasts (boneless)

2 tblspns of ginger paste

2 tblspns of garlic paste

1 tspn of white pepper powder

Salt as per taste

½ cup of cheese grated

4 green chillies

¼ tspn of mace powder

¼ tspn of nutmeg powder

2 tblspns of chopped coriander leaves

1 egg

¾ cup of fresh cream

Butter for basting

Recipe

Cut chicken breasts into two-inch cubes. Apply ginger paste, garlic paste, white pepper powder and salt to the chicken cubes and keep aside.

Mash the cheese to make it into a smooth paste. Add Finely chopped green chillies, mace powder, nutmeg powder, coriander leaves and salt.

Add egg and mix well. Add chicken to the cheese mixture. Then add fresh cream and mix delicately. Keep in the refrigerator for about two to three hours.

Put chicken onto the skewers and cook in a moderately hot tandoor or a pre-heated oven (200 degrees Celsius) until it is just cooked and slightly coloured.

Apply a little butter for basting and cook for another two minutes till chicken is fully cooked.

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Murgh Ke Shami

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Serves 5

Preperation Time 45 Minutes

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Chicken

Ingredients

600 gms of boneless chicken
 $\frac{1}{2}$ cup of split bengal gram (chana dal)
 2 one inch pieces of ginger
 10-12 cloves of garlic
 2 medium sized of onions
 2 tblspsns of coriander leaves
 2 tblspsns of mint leaves
 2 tspsns of lemon juice
 3 tblspsns of oil to shallow fry
 $\frac{1}{2}$ tspn of cumin seeds
 1 tspn of coriander seeds
 5-6 peppercorns
 3-4 large cardamoms
 1 tspn of red chilli powder
 1 tspn of garam masala powder
 $\frac{1}{2}$ tspn of mace and cardamom powder
 Salt to taste

Recipe

Wash the boneless chicken and drain out excess moisture. Soak chana dal for at least three hours. Peel and chop ginger and garlic finely.

Chop the onions, coriander leaves, mint leaves and mix them with lemon juice to make a stuffing. Divide into sixteen equal portions and keep aside.

Heat oil in a pan and add cumin seeds, coriander seeds, peppercorns and large cardamom, stir fry for half a minute on medium heat. Add chopped ginger, garlic and chilli powder.

Add boneless chicken and chana dal. Add two cups of water and bring to a boil. Reduce heat, cook covered till chana dal is completely cooked. Cook on high heat to dry out the mixture completely, stirring continuously.

Remove from heat and cool. Mince chicken and chana dal mixture to a smooth consistency. Add garam masala powder, mace and cardamom powder and salt.

Mix well and check the seasoning. Divide into sixteen equal portions. Flatten one in the palm of your hand and place a portion of onion stuffing in the centre.

Shape into roundels and flatten slightly. Similarly shape the rest of the chicken mixture and stuffing. Shallow fry till golden brown.

Serve hot with onion lachcha and mint chutney.

After cooking chicken mixture, if it is too moist, add roasted gram flour (besan) or powdered roasted chana dal as per your requirement.

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Chicken Shorba

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Serves 4

Preperation Time 20 Minutes

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Chicken

Ingredients

500 gms of chicken bones

1 tblspn oil

100 gms of boneless chicken

½ tspn of cumin seeds

1 ltr water

1 ½ tblspn of refined flour (maida)

1 tblspn of chopped garlic

White pepper powder

1 tspn of butter

Salt to taste

Recipe

Clean and wash chicken bones. Clean, wash and cut chicken into very small pieces (1/2 cm cubes). Put chicken bones in a pot and one litre of water, chopped garlic and cook till water is reduced to 600 ml. Strain and keep aside.

Stir fry chicken pieces in butter till tender and keep the stock aside.

Heat oil, add cumin seeds and refined flour, cook for a minute, stirring continuously. Then add the reduced chicken stock, chicken pieces, white pepper powder and salt.

Cook for some time and serve hot.

You may add half a cup of fresh cream just before serving to make it a little rich.

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Chicken Liver Salad

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Serves 2

Preperation Time 10 Minutes

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Chicken

Ingredients

6 spring onions, trimmed and chopped

2 tomatoes, quartered

2 ins (5 cm) cucumber, finely chopped

2 rashers back bacon

4 oz (100 g) chicken liver

Freshly ground black pepper

½ slice (1/2 oz/12.5 g) bread

For the dressing

1 teaspoon French mustard

3 tablespoons lemon juice

1 tablespoon orange juice

1 tablespoon wine vinegar

Salt and black pepper

Recipe

Dry-fry the spring onions in a non-stick pan. Mix together with the tomatoes and cucumber in a bowl.

Trim all the fat from the bacon, grill well and chop into small pieces. Wash and trim the livers and dry-fry with black pepper in a non-stick pan. Toast the bread and cut into tiny squares.

Prepare the oil-free dressing by placing all the ingredients in a screw-top jar and shaking well. Pour the dressing over the salad vegetables and toss well.

Arrange the salad in 2 bowls and just before serving add the bacon, livers and toast squares to the centre of each bowl. Serve immediately.

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Fruit and Chicken Salad

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Serves 1

Preperation Time 15 Minutes

Contents

Chicken

Ingredients

Unlimited amounts of shredded lettuce, chopped

Cucumber and any other green salad

1 apple

1 pear

1 orange

1 kiwifruit

2 oz (50g) cooked and chopped chicken breast

2 tablespoons plain yogurt

1 tablespoon wine vinegar

1 clove garlic, crushed

salt and freshly ground black pepper

Recipe

Place the lettuce and green salad on a large dinner plate. Prepare the fruits by peeling, coring and slicing. Lay the slices in a circle on top of the salad vegetables and in the centre put the chopped chicken.

Serve with a dressing made of plain yogurt mixed with wine vinegar, garlic and seasonings.

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Tandoori Chicken

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Serves 4

Preperation Time 30 minutes

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Chicken

Ingredients

1 (800 gms) of chicken
1 tspn of kashmiri red chilli powder
1tblspn of lemon juice
Salt to taste

For Marination

200 gms of yogurt
1 tspn of kashmiri red chilli powder
Salt to taste
2tblspns of ginger paste
2tblspns of garlic paste
2tblspns of lemon juice
½ tspn of garam masala powder
2tblspns of mustard oil

For basting of butter

½ tspn of chaat masala

For garnishing

Onion rings and lemon wedges

Recipe

Skin, wash and clean the chicken. Make incisions with a sharp knife on breast and leg pieces.

Apply a mixture of kashmiri red chilli powder, lemon juice and salt to the chicken and keep it aside for half an hour.

Remove whey of yogurt by hanging it in a muslin cloth for fifteen to twenty minutes. Mix Kashmari red chilli powder, salt, ginger-garlic paste, lemon juice, garam masala powder and mustard oil to the yogurt.

Apply this marinade onto the chicken pieces and refrigerate for three to four hours.

Put the chicken onto the skewers and cook in a moderately hot tandoor or a pre-heated oven (200 degrees Celsius) for ten to twelve minutes or until almost done. Baste it with butter and cook for another four minutes.

Sprinkle chaat masala powder and serve with four onion rings and lemon wedges.

Chef's Tip : To make Chicken tikka, use boneless chicken pieces cut into 1 ½" cubes and proceed same as Tandoori chicken.

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Murgh Kaali Mirch

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Serves 4

Preperation Time 45 Minutes

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Chicken

Ingredients

1 .. medium Chicken

1 tsp .. fresh Ginger paste

1 tsp .. fresh Garlic paste

2 tsp .. coarsely ground black pepper corns

1 tsp .. white pepper powder

3 tbsp .. oil

1/2 cup .. water

2 tbsp .. lemon juice

3 .. green chillies-slit lenghtwise

salt to taste

Recipe

1. Mix together ginger & garlic pastes. Add salt, black pepper and white pepper.
2. Rub the paste on the chicken pieces. Leave aside for one hour.
3. Heat oil in kadhai and add the chicken pieces
4. Stir fry for 10-15 minutes.
5. Lower the heat and add the green chillies and water.
6. Simmer until chicken is tender.
7. Add lemon juice and serve hot.

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Butter Chicken

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Serves 4

Preperation Time 1 Hour

Contents

Chicken

Ingredients

1 Tandoori Chicken - cut into 8 pieces

1 onion - grated

1 tsp ginger paste

1 tsp garlic paste

3/4 cup tomato puree

1/2 tsp chilli powder

2-3 green chillies - finely chopped

100 gms butter

salt to taste

200 gms cream

a few green coriander leaves - finely chopped

Recipe

1. Melt butter in frying pan. Add the grated onions & fry until golden brown.
2. Add the ginger & garlic pastes. Fry for a minute & add the tomato puree.
3. Add the chopped green chillies, coriander leaves, salt and the chilli powder. Fry for 2-3 minutes.
4. Turn heat to low & add the cream stirring constantly. Do not let it boil. Cook for a minute & turn off the heat.
5. Arrange tandoori chicken pieces in an ovenproof dish. Pour the sauce on it.
6. Heat in a preheated oven at 180C/350F fro 20 minutes Serve hot.

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Xacuti

Serves 2-3

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

Chicken 1 kg

Onions, large 2 nos

Coconut, large 1 nos

Tamarind concentrate 1/4 tsp

Salt To taste

To be roasted in one tbsp. of Oil

Red chilies 7 nos

Cumin seeds 1/2 tsp

Garlic flakes 6 nos

Poppy seeds (khus khus) 2 tsp

Cloves 5 nos

Coriander seeds 2 tbsp

Dogorful (optional) 1/8 tsp

Peppercorns 1/2 tsp

Turmeric 1/2" piece

Caraway seeds (shahjeera) 1/2 tsp

Cinnamon 1" piece

Cardamoms 2 nos

Aniseeds 1/2 tsp

Recipe

1. Grind the roasted spices together with 1 onion.
2. Grate half a coconut and extract juice.
3. Grate the other half and roast in a pan. Then grind it finely.
4. Cut meat into small pieces, salt and set aside for 15 minutes.
4. Then cook with a little water until all liquid dries up.
5. Finely chop 1 onion, and sauté it.
6. Add cooked meat, ground spices, ground coconut and 1/2 a cup water.
7. Cook about 10 minutes.
8. Add coconut juice and tamarind. Cook until well blended.

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Lemon Chicken

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Serves 4

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

2 teaspoons sugar

1 clove garlic, crushed

1 teaspoon green ginger, grated

1 tablespoon honey

1/4 cup lemon juice

1 tablespoon dry sherry

2 chicken stock cubes

4 chicken fillets, cut into strips

1 tablespoon oil

1 tablespoon cornflour

1 cup water

Recipe

1. Combine sugar, garlic, ginger, honey, lemon juice, sherry and crumbled stock cubes in a bowl to form a marinade. Add chicken strips and marinate for 30 minutes. Stir occasionally to coat.

2. Drain chicken well and reserve marinade.

3. Preheat a large browning dish on a microwave oven on HIGH for five minutes. Add oil and chicken strips and cook on High for three minutes. Stir once during cooking.

4. Add reserved marinade, blended cornflour and water to chicken. Stir well.

5. Cover and cook on High for five minutes.

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Curried Chicken

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Serves 4

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

1 kilo chicken pieces

1 tablespoon oil

1 tablespoon butter

1 onion, chopped

2 sticks celery, sliced

1 cooking apple, chopped

1 clove garlic, crushed

1 tomato, skinned and sliced

1 green capsicum, chopped

1 tablespoon curry powder

1 tablespoon flour

One-and-a-half cup chicken stock

Recipe

1) Preheat large browning dish in microwave oven on High for five minutes.

2) Place the chicken pieces with oil into dish and cook on high for six minutes. Turn over once during cooking.

3) Remove chicken pieces and set aside. Wipe the browning dish clean.

4) Place butter into dish with onion, celery, apple, garlic, tomato and capsicum and cook on High for three minutes.

5) Return chicken pieces to dish. Blend curry powder and flour with a small quantity of stock. Add to chicken with the remaining stock.

6) Cover and cook on High for twenty minutes. Stir occasionally during cooking.

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Honey-spiced Chicken

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Serves 4

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

60 g (2 oz) butter
 1/2 cup honey
 1 tablespoon french mustard
 2 teaspoons soy sauce
 1 teaspoon salt
 1 teaspoon mild curry powder
 1 kg chicken pieces

Recipe

- 1) Place butter in a small micro-proof bowl. Microwave on High for 1 minute.
- 2) Add honey, mustard, soy sauce, salt and curry powder. Stir well to combine.
- 3) Arrange chicken pieces in a large micro-proof baking dish. Spoon sauce over chicken. Cook on high for 20 minutes. Baste frequently and turn pieces over at least once during cooking time. Allow to stand 10 minutes before serving. Serve with pan juices poured over chicken.

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Chicken Slice

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Serves 4

Preperation Time 15 Minutes

Contents

Chicken

Ingredients

500 gm minced raw chicken

One-and-a-half cups fresh breadcrumbs

1 medium onion, grated

Half teaspoon mixed dry herbs

Pinch nutmeg

Half teaspoon salt

Quarter teaspoon pepper

1 tablespoon chopped parsley

1 egg, lightly beaten

Recipe

1) Combine all ingredients well and lightly pack into small loaf dish or micro-proof ring dish.

2) Cover with plastic wrap and microwave on High for four minutes. Reduce setting to Medium for three minutes.

3) Allow to stand for five minutes, covered, before slicing, or, chill and serve cold with salad.

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Curried Chicken Pieces

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Serves 4

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

One kg chicken pieces

One tablespoon oil

One tablespoon butter

One onion, chopped

Two sticks celery, sliced

One cooking apple, chopped

One clove garlic, crushed

One tomato, skinned and sliced

One green capsicum, chopped

One tablespoon curry powder

One tablespoon flour

One-and-a-half cup chicken stock

Recipe

1) Preheat large browning dish on High in the microwave oven for five minutes.

2) Place chicken pieces with oil into dish and cook on High for six minutes. Turn over once during cooking.

3) Remove chicken pieces and set aside. Wipe the browning dish.

4) Place butter in the dish with onion, celery, apple, garlic, tomato and capsicum. Cook on High for three minutes.

5) Return chicken pieces to dish. Blend curry powder and flour with a small quantity of stock. Add to chicken with remainder of stock.

6) Cover and cook on High for twenty minutes. Stir occasionally during cooking.

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Chicken and Mushroom Casserole

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Serves 4

Preperation Time 45 Minutes

Contents

Chicken

Ingredients

One kg chicken cut into serving pieces

250 gm fresh mushrooms, sliced

1 green capsicum, sliced

1 medium onion, chopped

4 teaspoons cornflour

2 chicken stock cubes

225 gm canned tomatoes

Salt and pepper to taste

Chopped parsley

Recipe

1) Preheat large browning dish for five minutes.

2) Place chicken pieces into the preheated dish, skin side down. Cover with paper towelling and cook on High for five minutes. Turn chicken pieces over and cook a further five minutes. Drain chicken pieces.

3) Place mushrooms, capsicum and onion into browning dish and cook on High for threhee minutes.

4) Blend cornflour with small quantity of water, add to the browning dish with crumpled stock cubes, tomatoes and tomato liquid. Season with salt and pepper. Return chicken pieces to the dish and stir well.

5) Cover with lid and cook on High for 20 minutes. Stir once during cooking.

6) Sprinkle with choppded parsley.

Serve with boiled rice or noodles.

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Chicken Chettinad

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Serves 2-3

Preperation Time 15 Minutes

Contents

Chicken

Ingredients

1 kg of chicken

2 tspns of poppy seeds (khus khus)

½ grated coconut

1 tspn of fennel seeds

1 tspn of coriander seeds

½ tspn of cumin seeds

6-8 of whole red chillies

1 one inch stick of cinnamon

3 green cardamoms

2 of cloves

½ tspn of turmeric powder

½ cup of oil

1 large onion

2 tspns of chopped ginger

2 tspns of chopped garlic

½ star anise

1 tspn of red chilli powder

3 medium sized of tomatoes

1 lemon

10-12 curry leaves

Fresh coriander for garnishing

Salt to taste

Recipe

1. Clean the chicken, remove skin and cut into twelve pieces.

2. Chop the onions and tomatoes separately.

3. Roast the whole red chillies, grated coconut, poppy seeds, coriander seeds, cumin seeds, green cardamom, cloves, cinnamon, star anise, fennel seeds in oil and grind to a paste along with ginger and garlic.

4. Heat oil in a degchi and fry the onions till golden. Add the curry leaves and the ground paste and sauté for some time. Add the tomatoes, red chilli powder and turmeric powder.

5. Add chicken and mix. Cook for five minutes and then put two cups of water. Add lemon juice, cover and cook till the chicken is done.

6. Serve hot, garnished with coriander leaves and accompanied with boiled rice or parantha.

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Chicken Kandhari Kofta

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Serves 2

Preperation Time 30 Minutes

Contents

Chicken

Ingredients

500 gms of chicken mince

1/2 tspn of cinnamon powder

Salt to taste

3 tblspns of oil

3/4 cup boiled onion paste

1tblspn of ginger-garlic paste

1tblspn of coriander powder

1 tspn of red chilli powder

1/2 cup of tomato puree

2/3 cup of cashewnut paste

1/2 tspn of garam masala powder

2tblspns of pomegranate syrup

1/2 cup of fresh cream

Recipe

1. Mix cinnamon powder, one teaspoonful of salt and minced chicken thoroughly. Divide the mix into twelve equal portions. Shape them into balls (koftas). Keep the koftas aside.

2. Heat oil in a pan. Add boiled onion paste and cook till onions turn pink. Add ginger-garlic paste. Sauté for a minute, then add coriander powder and red chilli powder.

3. Stir in tomato puree and cashewnut paste dissolved in a little water. Cook for five minutes on a high flame, stirring continuously.

4. Add one and half cups of water and bring it to a boil. Add chicken koftas and cook for ten minutes, stirring occasionally. Add garam masala powder and pomegranate syrup. Correct seasoning. Simmer for five minutes. Stir in fresh cream.

5. Serve with naan or parantha.

Make cashewnut paste by soaking half-cup cashewnuts in water for half an hour. Grind it to a smooth paste. You do not need to use expensive full cashewnuts, you can use cashewnut pieces (tukda).

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Chicken Xacuti

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Serves 2-3

Preperation Time 30 Minutes

Contents

Chicken

Ingredients

800 gms of chicken

2 medium sized onions

1 cup of grated coconut

2 one inch sticks of cinnamon

6 cloves

4 dry red chillies

½ tsp of turmeric powder

2 tblspns of poppy seeds (khus khus)

1 tspn of carom seeds (ajwain)

1 tspn of cumin seeds

1 tspn of peppercorns

1 tspn of fennel seeds (saunf)

4 Star anise (phoolchakri/badiyan)

1 ½ tblspns of coriander seeds

4-6 cloves of garlic

1/3 cup groundnut oil

Salt to taste

1tblspn of tamarind pulp

¼ tspn of grated nutmeg

Recipe

- Wash, clean, remove the skin and cut chicken into twelve pieces. The size of the pieces used is normally a little smaller than the one used for chicken curry.

- Peel and chop the onions.

- Heat a little oil and slightly brown the grated coconut and keep aside.

- Now dry roast cinnamon, cloves, red chillies, turmeric, khus khus, ajwain, cumin seeds, peppercorns, fennel seeds, star anise and coriander seeds till a nice aroma is given out. Grind to a paste together with garlic and coconut.

- Heat the remaining oil in a thick-bottomed pan and sauté the finely chopped onions till brown.

- Add the masala paste and cook till oil separates. Add the chicken pieces and saute for sometime. Add two cups of water and salt, bring to a boil and add tamarind pulp and grated nutmeg.

- Simmer for five minutes and serve hot with Goan pav or Goan rice.

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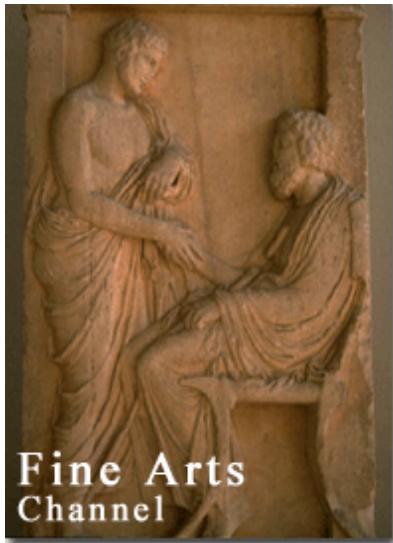
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Keema Potli

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Serves 6

Preperation Time 30 Minutes

Contents

Lamb

Ingredients

1 cup of flour (maida)

2tblspns of semolina (rawa)

Salt to taste

1/4 cup of ghee

3 green chillies

2tblspns of oil to fry

1 tspn of cumin seeds

400 gms of minced mutton (keema)

Recipe

Knead together maida, rawa (suji), salt and ghee with warm water to make a stiff dough. Keep covered for 30 minutes. Divide the dough into 20 balls.

Chop green chillies finely. Keep aside. Heat two tblspns of oil in a kadai and add cumin seeds. When they start crackling, add keema and sauté till half cooked. Add a little water if required.

Add chopped ginger, green chillies, red chilli powder, coriander and cumin powders and salt and mix well. Cover and cook on low heat for 15 minutes. Add yogurt and cook on high flame for ten minutes, stirring continuously. Cook till the keema is fully cooked and completely dry.

Sprinkle garam masala and coriander leaves and mix well. Cool. Divide into twenty portions.

Roll the dough balls into small puris (three inch diameter). Place the keema portions in the centre. Apply a little water on the areas a little away from the edges and shape like a potli or modak. Seal by pressing them.

Deep fry in medium hot oil till golden brown. Serve with a chutney of your preference.

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Gosht Biryani

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Serves 4

Preperation Time 40 Minutes

Contents

Lamb

Ingredients

1 kg mutton or lamb

2 cups basmati rice

1 tblspn of whole garam masala

2 cups yogurt

2 cups of sliced onions

5 tblspns of ghee or oil

2 green chillies

2 tblspns of ginger paste

2 tblspns of garlic paste

2 cups of chopped tomatoes

Salt to taste

1 tspn of turmeric powder

2 tblspns of coriander powder

1 tblspn of cumin powder

1 tspn of red chilli powder

2 tspns of garam masala powder

a generous pinch of saffron

½ cup of warm milk

1 two inch piece of ginger

½ cup of fresh coriander leaves

½ cup of fresh mint leaves

50 gms of butter

For Garnishing

Fried sliced onions

Recipe

Clean mutton or lamb and cut into one and half inch sized pieces. Pick, clean and wash rice. Soak rice in water. Chop green chillies. Peel ginger and cut into julienne (thin strips). Wash coriander and mint leaves and roughly chop them separately.

Soak saffron in warm milk and keep aside. Marinade meat pieces with yogurt, salt, turmeric powder and one tablespoon each of ginger and garlic pastes. Marinade for about four hours in a cool place.

Cook rice in salted boiling water along with whole garam masala till rice is almost cooked. Strain and keep the rice warm.

Heat ghee or oil in a thick-bottomed pan or pressure cooker. Add sliced onion and chopped green chillies. Cook till onion is light golden brown. Make sure to stir continuously.

Add remaining ginger and garlic pastes and mix well. Add marinated meat and cook on high flame for seven to eight minutes. Now, add coriander powder, cumin powder and red chilli powder. Mix thoroughly.

Stir in three cups of water, bring it to a boil, reduce heat and cook covered till meat pieces are almost cooked. Add chopped tomatoes, salt, one teaspoon garam masala powder and chopped fresh coriander leaves. Cook for fifteen minutes on medium heat, stirring occasionally.

In case you are cooking meat in the pressure cooker, add chopped tomatoes, salt, garam masala powder, two cups of water and chopped fresh coriander leaves after adding dry spices. Pressure cook till meat pieces are almost cooked. It normally takes two or three whistles to cook the meat.

Ensure that the cooked meat does not have too runny a gravy. If that is the case, cook on high flame to reduce water content.

Arrange half the quantity of cooked meat in an oven proof dish and spread half the quantity of cooked rice on top of the meat. Sprinkle a little garam masala powder, half amount each of ginger julienne, saffron dissolved in warm milk and mint leaves. Dot the rice with half the quantity of butter. Place a layer of remaining meat on top of the rice, followed by cooked rice and repeat the earlier process with the remaining quantities of ginger julienne, saffron milk, garm masala powder, mint leaves and butter.

Cover it with aluminium foil and cook in a pre-heated oven for fifteen to twenty minutes.

Serve garnished with fried sliced onions and mixed vegetable raita.

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Tomato Saar

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Serves 4

Preperation Time 20 Mins

Contents

Tomato

Ingredients

1 cup of grated coconut

6 cloves of garlic

1 tspn of cumin seeds cumin seeds

3-4 green chillies

1/4 cup coriander leaves

5-6 large sized ripe tomatoes

2-3 tblspns sugar

Salt to taste

1/2 tspn of red chilli powder

2 tblspns of ghee

1 tspn of mustard seeds

A pinch of asafoetida

8-10 curry leaves

Recipe

Make a paste of grated coconut, garlic cloves and cumin seeds. Slit green chillies into two. Chop the coriander leaves.

Wash, chop tomatoes roughly and add salt and red chilli powder. Transfer it to a pan and add three cups of water and bring it to a boil.

Simmer for fifteen minutes and puree when it is a little cool.

Heat ghee in a pan and add mustard seeds, asafoetida and curry leaves. And pureed tomatoes and slit green chillies and bring it to a boil and add sugar.

Add coconut and spice paste. Cook on a low heat for ten minutes. Correct seasoning.

Serve hot, garnished with chopped coriander leaves.

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Lemon Rice

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Serves 3

Preperation Time 25 Minutes

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Rice

Ingredients

1 1/2 cups of rice

Salt to taste

2 tblspns of oil/ghee

A pinch of asafoetida

2 dried red chillies

1 tblspn of split black gram (urad dal)

1 tblspn of split gram (chana dal)

1/2 tspn of fenugreek seeds (methi seeds)

1/2 cup of peanuts

1/2 tspn of mustard seeds (optional)

10-12 of curry leaves

3 tblspns of lemon juice

1/2 tspn of turmeric powder

1 tblspn of grated fresh coconut (optional)

Recipe

Pick, wash and soak rice for about thirty minutes. Drain and then boil in plenty of boiling salted water until almost done. Drain and keep aside.

Heat oil/ghee in a shallow pan or a kadai. Add a pinch of asafoetida. Add dried red chillies broken into two, urad dal, chana dal and methi seeds. Cook until dals change colour to light brown.

Add peanuts and mustard seeds. Let mustard seeds crackle, then add curry leaves. Mix turmeric powder in this. Stir fry for half a minute. Add cooked rice, salt and lemon juice.

Garnish with grated coconut.

You can use roasted or fried peanuts for this recipe.

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Malvani Fish Curry

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Serves 4

Preperation Time 30 Minutes

Contents

River Fish

Ingredients

1 tspn of cumin seeds
 2 tspsns of coriander seeds
 4-5 dried red chillies
 A pinch of turmeric powder
 500 gms of boneless fish
 Salt to taste
 2 medium-sized onions
 3/4 cup of grated coconut
 6-8 peppercorns
 One medium-sized tomato
 3 tblspns oil
 1 tblspn of tamarind pulp

Recipe

Lightly roast cumin seeds and coriander seeds. Grind them into a powder with dried red chillies and turmeric.

Cut boneless fish into one inch sized cubes. Apply salt. Apply ground chilli, turmeric, coriander and cumin masala.

Peel onions and chop one onion and grind the other onion with grated coconut, peppercorn into a coarse paste. Finely chop tomato and keep aside.

Heat oil in a pan, add chopped onions. Sauté till onions turn pink. Add chopped tomatoes and cook till oil leaves the sides.

Mix in ground coconut masala paste and cook on a high flame for a minute.

Add two cups of water and bring it to a boil. Add fish pieces and cook on medium flame for five to six minutes. Stir in tamarind dissolved in quarter cup of water. Simmer for five minutes.

Serve hot with steamed rice.

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Medu Vada

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Serves 4

Preperation Time 20 Minutes

Contents

Black Gram

Ingredients

1 cup of black gram, skinless (urad dal)

Salt to taste

1/4 tspn of asafoetida

8-10 curry leaves

1 tspn of cumin powder

1 tspn of crushed black peppercorns

Oil to fry

Recipe

Wash and soak urad dal for six hours. Grind into a fine paste. Add salt, asafoetida, curry leaves, cumin powder and crushed peppercorns to the batter and mix well.

Heat oil in a kadai. Wet your palms and take batter into the palms. Shape into balls and make a hole with the thumb in the centre like a doughnut.

Deep-fry this in medium hot oil until golden brown and crisp.

Serve hot with sambhar and coconut chutney.

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Amritsari Machchi

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Serves 6

Preperation Time 30 Minutes

Contents

Sea Fish

Ingredients

1 Kg ... Singhara fish (2' chunks), deboned and skinned

3 tbs ... Malt vinegar

2 tbs ... Ginger Paste

2 tbs ... Garlic Paste

1/2 tbs ... Red Chillies (fresh), ground to a paste

1 tsp ... Ajwain (carom seeds)

1 tsp ... Haldi (turmeric powder)

2 tbs ... Chilli powder

2 tbs ... Zeera (cumin) powder

1/2 cup ... Eggs, whisked

2 tbs ... Besan (gramflour)

2 tbs ... Maida (flour)

Salt to Taste

Oil for frying

Chaat masala to sprinkle on top

Recipe

Wash the fish pieces and pat dry. Dissolve a little salt in vinegar and marinate fish for 20 minutes. Remove fish from vinegar, press gently between two paper napkins to remove moisture.

In a bowl, mix eggs, ginger, garlic and chilli pastes alongwith ajwain, haldi, chilli powder, zeera powder, besan, maida, salt and coriander. Evenly coat fish pieces with this mixture and leave to marinate for 30 minutes.

Heat oil in Kadhai, fry fish pieces until crisp and golden brown.

Drain excess oil, sprinkle chaat masala and serve hot, garnished with lemon wedges.

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Cocunut fish fry

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Serves 6

Preperation Time 45 Minutes

Contents

River Fish

Ingredients

750 gms ... Sole/ Bekhti fillets

3 tsp ... Red Chillies (fresh)

2 tbs ... Cocunut dessicated

2 tsp ... Ginger, chopped

6 ... Garlic cloves

1 1/2 tbs ... White Vinegar

3 tbs ... Maida (flour)

Salt to taste

Oil for frying

Lemon wedges for garnishing

Recipe

1. Wash the fish fillets and pat dry.
2. Sprinkle maida over fillets and keep aside.
3. Grind togeather,red chillies, cocunut, ginger, garlic, vinegar and just enough water to make fine paste.
4. Add salt and evenly coat fillets with this paste.
5. Heat oil in a frying pan and fry fish till crisp. Serve immediately, accompanied by lemon wedges.

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Masaaledar Machchi

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Serves 4

Preperation Time 45 Minutes

Contents

Sea Fish

Ingredients

Bekti / Singhara fish (boneless), cut into small filets...750gms

Oil...3tbs

Onion (Large), finely chopped...1

Kalonji (onion seeds)... 1½ Tsp

Sabut laal mirch (dry red chillies), whole...6

Carlic, finely chopped...2 tsp

Tamotoes, chopped...2

Coconut, Desiccated...3tbs

Salt to taste

Dhania (coridander) powder...1½ tsp

Zeera (cumin) powder...1½ tsp

Chilli powder...1 tsp

Water...½ cup

Lemon juice...2 tbs

Hara dhania(green coriander leaves), finely chopped...2tbs

Recipe

1. Wash and pat dry the fish.
2. Heat oil in a kadhai / frying pan, add onions and fry until soft.
3. Add kalonji, sabut laal mirch and garlic, cook for 2-3 minutes.
4. Add tomatoes, coconut, salt, dhania, zeera and chilli powders. Cook for 10 minutes.
5. Add the fish pieces alongwith water, cook for 10 minutes, until fish is tender and water has almost evaporated.
6. Mix in lemon juice and hara dhania. Serve hot, accompanied by Zeera pulao.

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Semolina Upama

Serves 4

Preperation Time 15 Minutes

Contents

Green Vegetables

Ingredients

1 cup.. semolina

2 cups..hot water

1 tsp.. mustard seeds

1 tsp.. urad dal

1.. onion chopped

2.. green chillies, chopped

¼ ..coconut, grated

10 ..curry leaves

2 tbsps.. oil

salt to taste

Recipe

1. Heat the oil and splutter the mustard seeds.
2. Fry the urad dal and curry leaves.
3. Add the onion and green chillies.
4. Fry till the onion is translucent.
5. Add the semolina and fry it till it is light brown.
6. Add the hot water and salt. Cook on low heat.
7. When dry, add the coconut, mix and serve.

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Ganda (Idli in Jackfruit Leaves)

Serves 2-3

Preperation Time 15 Minutes

Contents

Rice

Ingredients

2Cups.. Raw rice

2 cups.. Boiled rice

1 1/2 cups Urad dal

Salt to taste

Jackfruit leaves or

Banana leaves

Recipe

1. Wash and soak the urad dal and rice separately.
2. Grind dal to a very fine consistency.
3. Grind the boiled rice coarsely.
4. When half done, add the raw rice and grind it till it is of a coarse consistency, mix with the dal and salt.
5. Cover and ferment overnight.
6. Take four jackfruit leaves and join with small slides to form a cup, fill the cups with batter and steam till cooked.

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Avial

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Serves 4

Preperation Time 15 Minutes

Contents

Green Vegetables

Ingredients

Yam 150 gms

Ash gourd150 gms

Raw bananas2 nos

Drumsticks2 nos

Potato1 no

Shelled peas1/2 cup

Sour curds1 cup

Turmeric powder1/2 tsp

Curry leaves Few

Coconut oil1/4 cup

SaltTo taste

PASTE : Coconut1/2

Green chillies6-7 nos.

Cummin seeds1 tsp.

Recipe

1. Grind together the coconut, green chillies and cummin seeds to make a fine paste, adding very little water. Mix the curd to the ground paste and keep aside.

2. Peel and chop all the vegetables into 3-inch lengths.

3. Cook the vegetables separately with very little water in a heavy-bottomed vessel.

4. Mix all the cooked vegetables together with salt and turmeric powder.

5. Add the paste and heat through, taking care to prevent curdling.

6. Add the 1/4 cup coconut oil and curry leaves and mix well. Donot heat.

7. Serve hot with rice.

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Simple Rasam

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Serves 4

Preperation Time 30 Minutes

Contents

Green Vegetables

Ingredients

250 gms tomatoes, quartered

1 onion, chopped

4 cloves garlic, crushed

4 green chillies, chopped

1 lemon-sized ball of tamarind

1 tbsp jaggery

1 tsp mustard seeds

10 curry leaves

1 red chilli, broken into two

1 tsp coriander seeds – roasted & powdered

1 tsp cuminseeds – roasted & powdered

2 tsps peppercorns – roasted & powdered

½ tbsps oil

Recipe

1. Extract the pulp of tamarind by soaking it in a cup of hot water.
2. Boil the tomatoes, chillies and garlic in 4 cups of water.
3. Add the ground spices, jaggery and tamarind pulp and simmer for 15 minutes.
4. Heat the oil.
5. Splutter the mustard seeds.
6. Add the curry leaves, red chilli, asafoetida powder and onion and fry for a minute.
7. Pour it over the tomatoes.
8. Serve hot.

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Hara Bhara Kabab

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Serves 4

Preperation Time 30 Minutes

Contents

Green Vegetables

Ingredients

3-4 medium sized boiled potatoes

3/4 cup of boiled green peas

100 gms spinach

1tblspn chopped green chillies

2tblspns chopped green coriander

1tblspn chopped ginger

1tspn chaat masala

Salt to taste

2tblspns cornflour (cornstarch)

Oil for deep-frying

Recipe

Peel and grate boiled potatoes. Mash boiled green peas. Blanch spinach leaves in plenty of salted boiling water, refresh in cold water and squeeze out excess water. Finely chop.

Mix grated potatoes, peas and spinach. Add chopped green chillies, chopped green coriander, chopped ginger, chaat masala and salt. Add cornflour for binding.

Divide the mixture into twenty five equal portions. Shape each portion into a ball and then press it in between your palms to give it a flat tikki shape.

Heat oil in a kadai. Deep-fry the tikkis in hot oil for three to four minutes.

Chef's Tip : You may also shallow fry hara bhara kabab on a griddle plate or a tawa. It is recommended that you do not use colour in this recipe. If you feel you may increase the quantity of spinach leaves to give a dark green colour. In that case add a little more cornflour/cornstarch for binding.

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Kashmiri Dum Aloo

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Serves 4

Preperation Time 30 Minutes

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Potato

Ingredients

18-20 small-sized potatoes

Oil to deep fry

5-6 dried Kashmiri chillies

2 cups of yogurt

½ tspn of cardamom powder

1 tspn of dry ginger powder

2 tblspns of fennel powder

¼ cup of mustard oil

A generous pinch of clove powder

A pinch of asafoetida

Salt to taste

½ tspn of roasted cumin powder

½ tspn of garam masala powder

Recipe

Peel and prick the potatoes all over with the help of a fork. Keep in salted water for fifteen minutes. Heat oil in a kadai and fry the potatoes on medium flame till golden brown. Make a paste of dried kashmiri red chillies.

Whisk the yogurt with Kashmiri red chilli paste, cardamom powder, dry ginger powder and fennel powder.

Heat mustard oil in a pan. Add clove powder and asafoetida. Add half a cup of water and salt and bring to a boil.

Stir in the yogurt mixture and bring it to a boil. Add fried potatoes and cook till the potatoes absorb the gravy and oil floats on top.

Serve hot, garnished with freshly roasted cumin powder and garam masala powder.

Chef's Tip: The process of pricking the potatoes makes them very light, if not, that means the pricking has not been proper or sufficient. Therefore it is a good idea to fry one potato and check. The size of the potato is also important, it should be a small size but should not be very small.

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Egg Pakoras

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Serves 4

Preperation Time 15 Minutes

Contents

Egg

Ingredients

4 Eggs .. hard-boiled (cut into halves lenghtwise)

1 Egg .. raw(whisked)

3/4 cup .. Besan(gramflour)

1/2 cup .. water.

1/4 tsp .. Ajwain(carom seeds)

1/2 tsp .. Ginger paste

1/2 .. Chilli powder

1 tsp .. Hari mirch(green chillis), finely chopped

1 tbsp .. Hara Dhania (coriander leaves), finely chopped

salt to taste

Oil for frying

Recipe

1. For the better , mix togeather besan with whisked egg, ajwain, ginger paste, garlic paste, chilli powder, hari mirch, hara dhania and salt.

2. Add half of the water and mix well, breaking all lumps. The batter should be of coating consistency, add remaining water only if batter is too thick.

3. Heat Oil in kadai, dip egg halves in batter and deep fry over medium heat, until golden brown.

4. Drain excess oil on absorbent paper and serve piping hot, accompanied by mint chutney.

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Egg Kababs

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Serves 4

Preperation Time 15 Minutes

Contents

Egg

Ingredients

10 cocktail sized kababs

1 .. onion(small) finely chopped

2 .. Hari mirch(green chillis), finely chopped

2 tsp .. Besan(gramflour)

1 tbsp .. pudina(mint) leaves , finely chopped

1 tbsp .. Hara Dhania(green coriander) leaves, finely chopped.

1/4 tsp .. chilli powder.

1/2 tsp .. black pepper powder

Salt to taste

Oil for frying

Recipe

1. Grate the hard boiled eggs finely. Combine with all other ingredients except oil.
2. Mix well and Knead into smooth dough. divide mixture into 10-12 equal portions.
3. Shape each portion into medallions(flat round cutlets) and keep aside.
4. Heat Oil in kadai/pan and fry kababs, few at a time until crisp and golden brown.
5. Serve hot, garnished by onion rings and accompanied by mint chutney.

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Akoori: One of the traditional Parsi favourites!

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Serves 2

Preperation Time 15 Minutes

Contents

Egg

Ingredients

Eggs, Whisked.... 4

Butter.... 2tbsp

Onion (large), finely chopped.... 1

Cumin (Zeera) seeds.... 1tbsp

Garlic cloves, finely chopped.... 2

Green chillies, finely chopped.... 2

Tomato, finely chopped...1

Salt to taste

Mint (pudina) springs...a few

Green coriander (hara dhania) springs...a few

Recipe

1. Heat butter in a frying pan, add chopped onion and fry until golden brown.
2. Add cumin seeds, garlic and green chillies, fry for a minute and then add tomatoes, mint springs and green coriander springs.
3. Mix in the whisked eggs and cook over a medium heat until they become light and fluffy, just like scrambled eggs.
4. Serve immediately, over hot toast or on salted biscuits like Canapés.

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Fish Rawa Fingers

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Serves 2

Preperation Time 30 Minutes

Contents

River Fish

Ingredients

300 gms of shole or bekti fish fillet

1tblspn of ginger paste

1tblspn of garlic paste

Salt to taste

2tblspns of lemon juice

2tspns of red chilli powder

½ cup of rice flour (coarse)

Oil to deep fry

Recipe

1. Clean the fish and cut into fingers (3" x ½" x ½").

2. Marinate the fish fingers in a mixture of ginger-garlic paste, salt and lemon juice for half an hour.

3. Mix red chilli powder, salt and coarse rice flour.

4. Remove the fish fingers from the first marinate and roll them in seasoned red chilli and rice flour mixture.

5. Heat oil in a kadai and deep fry in hot oil till crisp and done.

6. Remove onto an absorbent paper to remove excess oil.

7. Serve hot with garlic chutney.

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Dahi Wali Bhindi

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Serves 4

Preperation Time 15 Minutes

Contents

Green Vegetables

Ingredients

500gms Bhindi(Ladyfinger)

Sarson (mustard) oil for frying

2tsp Urad Daal(White gram lentils)

3/4 tsp Sarson (Black mustard seeds)

1tsp Zeera (Cumin Seeds)

4 Red Chillies, whole

1 Onion, finely chopped

2 Tomatoes, finely chopped

1 tsp Chilli powder

1/2tsp Haldi(turmeric powder)

3/4 cup Dahi(yoghurt), whisked

Salt to taste

1/2 Cocunut, grated

1/2 Kaaju (cashewnuts)

10-15 Kari patta(curry leaves)

Recipe

1. Grind togeather, cocunut and kaaju to a paste. Put aside until further use.
2. Remove the base and tip of each bhindi and cut into halves
3. Heat oil in a kadhai and fry Bhindi for about 5 minutes. Drain excess oil and put aside.
4. Reheat 3 tbsp of the same oil in another Kadhai, add onion and fry until golden. Add urad daal, sarson, zeera and kari patta, fry for a minute.
5. Mix in tomatoes, chilli powder, haldi, cocunut paste and salt. Bhuno well untill oil seperates.
6. To the dahi, add 1 cup of water and mix into the masala. Bring to a boil stirring continuously.
7. Add bhindi, cover the kadhai and leave to simmer for 10-15 minutes
8. Serve hot, accompanied by Chappaties/pulao.

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Chatpate Baingan

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Serves 4

Preperation Time 15 Minutes

Contents

Green Vegetables

Ingredients

8-10 Baingan(Brinjal), small

1/2 cup Oil

1 tsp Ginger paste

8-10 Kari patta (curry leaves)

2 Onions finely chopped

3 tomatoes finely chopped

3 tbsp Imli(tamarind)

1/2 tsp chilli powder

1/2 tsp Dhania powder

1/2tsp zeera powder(cumin)

Salt to taste

1 tbsp hara dhania, finely chopped

Recipe

1. Wash the baigan and wipe it dry. Make 4 slits along the lenght of the baigan, taking care to keep stern intact.

2. Heat oil in a frying pan/kadhai and fry baigan for 3-4 minutes. Drain excess oil keep aside.

3. In another pan reheat 3 tbsp of the oil and fry onion until golden brown.

4. Add garlic paste and kari patta, fry for 2-3 minutes, then add tomatoes and bhuno until oil seperates.

5. Add chilli powder and Dhania powder, zeera powder, salt and imli extract.

6. Bring to boil and then carefully lower baigan into the curry. Add hara Dhania and cook for about 10 minutes or until the baigan becomes tender. Serve hot, accompanied by boiled rice.

7. Serve hot, accompanied by Chappaties/pulao.

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Gajar-ka-Halwa

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Serves 6

Preperation Time 1 Hour

Contents

Carrot

Ingredients

1.5 kilo Carrots

200 gram condensed milk

Two tablespoons ghee or saltless butter

Handful of grated cashewnuts, almonds and soaked raisins

Recipe

(Step 1) Take a kilo and a half of biggish, red carrots and grate them after washing thoroughly.

(Step 2) Put the entire grated carrots in a pressure cooker and steam for two minutes.

(Step 3) Thereafter remove the lid of the pressure cooker. Keep the flame on so that the excess water is dried up.

(Step 4) Keep turning the grated carrots now and then to save them from getting burnt at the bottom of the cooker.

(Step 5) Pour some 200 gms of sweetened condensed milk and two tablespoons of ghee (or saltless butter) over the carrots in the cooker, that remains on the flame.

(Step 6) The Gajar-ka-Halwa needs to be quasi-dry so one must continue with the cooking till the carrots, milk and ghee are sufficiently blended. Then turn off the flame.

(Step 7) Sprinkle a handful of grated cashewnuts and almonds, as also soaked raisins, over the Halwa.

This delicious gajar ka halwa can be served straighaway or cooled and kept in the refrigerator to be reheated and served as a dessert.

This method produces a Gajar-ka-Halwa, which is not heavy while retaining the goodness of carrots.

Specially recommended for the winters.

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Gujia for Holi

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Serves 6

Preperation Time 45 Minutes

Contents

Gram Flour

Ingredients

1. Maida - 60gms
2. Ghee - 10gms
3. Cold water - 15ml approx.

Mixture for filling:

1. Khoa - 30gms
2. Roasted suji - 10gms
3. Desiccated coconut - 10gms
4. Chopped nuts (almonds,cashew,pista) - 6 each
5. Castor sugar - 20gms

Syrup for Lavang Latika :

1. Sugar - 100gms
2. Water - 25ml
3. Ghee - for frying

Recipe

1. Take maida in a thali and make a well in the centre. Add melted ghee and lightly mix with fingertips.
2. Add water and make stiff dough as for samosas.
3. Prepare filling by cooking khoa for some time. Remove and cool. Add roasted suji, desiccated coconut and nuts. Mix well and add sugar.
4. Make six balls out of the dough and roll into small puris. Divide filling into six equal portions.
5. Put one portion of khoa mixture into the center of each puri. Moisten the edges with a little water and fold into a semicircle, pressing the edges together. A gujia mould can also be used.
6. Deep fry to a golden color on a slow heat.

For lavang latika:

1. Proceed as for gujia till step four. Put 1/6th filling in the center of each round. Moisten the edges of puri and bring opposite ends to overlap in the center. Press the folds, turn over and bring the two flaps of the "envelope" to the center and fix a clove to secure the folds.
- 2 Heat the ghee in a kadai, remove from the fire and add lavang latika at a very low temperature. When the bubbles subside put the kadai back on fire and continue frying on moderate heat till golden brown.
3. Make a syrup of sugar and water, clean with diluted milk and cook it to two threads' consistency. Dip the lavang latika in syrup and drain them.

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Savory Holi Mathri

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Serves 4

Preperation Time 15 Minutes

Contents

Gram Flour

Ingredients

1. Flour - 50 grams (or maida 35 gms, or suji 15 gms)
2. Salt - $\frac{1}{4}$ tsp
3. Ajwain - a pinch
4. Pepper corns - 2 crushed
5. Fat - 15 gms
6. Cold water to make stiff dough - 1 tblsp
7. Oil for deep frying

Recipe

1. Sift the flour, add ajwain and crushed pepper corns
2. Rub in fat to give a bread crumb appearance
3. Make a stiff dough with water
4. Divide into four portions and roll into $2 \frac{1}{2}$ inch round
5. Prick with a fork at 2 - 3 places
6. Deep fry in oil on slow fire till golden brown
7. Drain on to brown paper
8. Best eaten with pickles

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Lettuce & Egg Salad

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Serves 4

Preperation Time 10

Contents

Green Vegetables

Ingredients

8 eggs

½ tspn of crushed black peppercorn

A bunch (approx. 100 gms) of lettuce leaves

6 tblspns of vinegar

Salt to taste

1 tspn mustard powder

½ tspn white pepper powder

2 tblspns salad oil

Recipe

Boil eggs in water for twelve minutes. Cool them, peel and place in cold water. Wash the lettuce leaves in running water and keep in chilled water.

Cut eggs into pieces. Tear lettuce leaves with hand and gently mix eggs with them. Make a dressing by mixing salt, white pepper powder, crushed black peppercorns, vinegar, mustard powder and salad oil. Mix this gently with the prepared lettuce and eggs.

Serve cold.

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Mushroom Soup

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Serves 4

Preperation Time 30 Minutes

Contents

Mushroom

Ingredients

200 gms fresh mushrooms

2 medium sized onions

300 mls milk

2 bay leaves

5-6 peppercorns

4 cloves

2 tblspns butter

1 tblspn refined flour (maida)

3/4 cup fresh cream

Salt to taste

1/2 tspn white pepper powder

A pinch nutmeg powder

Recipe

Clean and wash the mushrooms. Slice four to five pieces. Roughly chop the remaining mushrooms and onions.

Boil milk alongwith bay leaves, peppercorns and cloves. Strain and keep the milk. In a pan melt the butter. Add chopped onions and chopped mushrooms and cook till they are soft.

Add the flour and sauté till there is no raw flavour coming from flour, taking care that the flour does not get burnt.

Pour the milk slowly and stir continuously to avoid lumps from forming. Cook for five minutes. Puree the mixture when a little cold.

(Note: Do not puree it to a very thin consistency.)

The soup should have a smooth texture. Bring it to a boil, correct the consistency by adding more milk if required. Add the cream (reserving a little for garnish), salt, pepper powder and nutmeg powder. Stir well, serve hot, garnished with mushroom slices and cream.

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Beetroot Salad with Orange Dressing

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Serves 4

Preperation Time 10 Minutes

Contents

Green Vegetables

Ingredients

600 gms of beetroots

1/4 tspn of white pepper powder

1/4 cup of orange juice

1/4 tspn of mustard powder

1tblspn of salad oil

1/2 tspn of orange rind

Salt to taste

1/4 cup of spring onion rings

Recipe

Boil the beetroots. When cool, peel and dice them into half-inch cubes. Chill them.

Mix orange juice, oil, salt, pepper, mustard powder and orange rind in a bowl and whisk till the mixture is homogeneous. Pour the dressing over the beetroot pieces and garnish with rings of spring onion.

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Carrot and Coriander Soup

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Serves 5

Preperation Time 20 Minutes

Contents

Green Vegetables

Ingredients

650 gms of carrots

2 bay leaves

1 medium sized onion

1 tspn of peppercorn

6-8 cloves of garlic

1200 mls of water

1 packed cup of green coriander

½ tspn of white pepper powder

2 tblspns of butter

Salt to taste

Recipe

Wash, peel and roughly chop carrots. Peel and chop onion and garlic. Wash and finely chop fresh coriander leaves and reserve the stems.

Heat butter in a pan, add bay leaves, peppercorns, onions and garlic and fry for two minutes. Add carrots, coriander stems and water and bring to a boil. When carrots are completely cooked, remove them and put in a blender to make a fine puree.

Reduce the stock slightly by boiling and strain. Take the puree in a pan and add strained stock to reach the desired consistency. Bring to a boil again. Add white pepper powder dissolved in a little water. Add salt to taste. Stir in finely chopped fresh coriander leaves.

Serve piping hot.

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Banana and Orange Cocktail

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Serves 1

Preperation Time 5 Minutes

Contents

Fruits

Ingredients

1 banana, peeled

5 fl oz (125 ml) pure orange juice

Recipe

Break the banana into small pieces. Place in a food processor or blender. Whiz until smooth, then add the orange juice, Blend well.

Serve in a tall glass with ice and a twist of orange.

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Pineapple Boat

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Serves 2

Preperation Time 15 Minutes

Contents

Fruits

Ingredients

1 medium-sized fresh pineapple
 8 oz (200 g) seasonal fruit of your choice
 10 oz (250 g) diet yogurt - any flavour
 Cherry or strawberry to decorate

Recipe

Divide the pineapple into two halves from top to bottom. Do not cut away the leaves - they add to the decorative look. Cut away flesh with a grapefruit knife and cut this flesh into cubes, removing hard core.

Prepare other fruit - wash and cut int

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Fresh Vegetable Soup

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Serves 4

Preperation Time 15 Minutes

Contents

Green Vegetables

Ingredients

2 large carrots, peeled and chopped

1 large potato, peeled and chopped

4 oz (100 g) cabbage, shredded

2 oz (50 g) peas

2 oz (50 g) sweetcorn (optional)

1 large onion, chopped

2 pints (1 litre) water

1 vegetable stock cube

Freshly ground black

Recipe

Place all the vegetables in a large pan with the water. Cover and bring to a boil. Add the stock cube and simmer for 1 hour. Add a generous sprinkling of black pepper to taste. Allow to cool, then place in a food processor or liquidizer on high speed

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French Tomatoes

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Serves 4

Preperation Time 25 Minutes

Contents

Tomato

Ingredients

8 tomatoes

Salt and pepper

6 oz (150 g) low-fate cottage cheese

Small bunch of fresh chives or spring onion tops or parsley, finely chopped

Oil-free Vinaigrette Dressing

Watercress to garnish

Recipe

French tomatoes are so called because in the traditional recipe Gervais cream cheese is used in place of the low-fate cottage cheese.

Scald and skin the tomatoes by placing them in a bowl, pouring boiling water over them and counting to fif

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Fruit Sundae

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Serves 2

Preperation Time 10 Minutes

Contents

Fruits

Ingredients

8 oz (200 g) any soft fruit (blackberries, raspberries, or strawberries - or a mixture)

6 drops liquid artificial sweetener or 1 tablespoon granulated artificial sweetener

5 oz (125 g) plain yogurt

1 egg white

Recipe

Stir the fruit, sweetener and 4 oz (100 g) of the yogurt together thoroughly. (Save 1 oz [25 g] of yogurt for serving).

Whisk the egg white until stiff and fold into the fruit mixture. Spoon into serving glasses and top with the remaining plain yo

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Curried Chicken and Yogurt Salad

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Serves 1

Preperation Time 5 Minutes

Contents

Green Vegetables

Ingredients

3 oz (75 g) chicken breast, cut into cubes

5 oz (125 g) natural diet yogurt

1 teaspoon curry powder

Unlimited green salad vegetables

Recipe

Mix yogurt and curry powder together and stir in the cubes of cooked chicken.

Serve on a bed of fresh green salad vegetables.

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Kiwifruit and Ham Salad

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Serves 1

Preperation Time 7 Minutes

Contents

Pork

Ingredients

2 oz (50 g) French loaf

1 tablespoon Reduced-oil Dressing (see recipe, page 280)

1 oz (25 g) lean ham

2 kiwifruit, peeled and sliced

Recipe

Cut the leaf lengthways. Spread the dressing on to the bread. Shred the ham and place on top of the bread. Garnish with the kiwifruit.

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Seafood Salad

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Serves 2

Preperation Time 15 Minutes

Contents

Sea Fish

Ingredients

4 seafood sticks, chopped

2 oz (50 g) prawns

2 oz (50 g) crab (optional)

Seafood Dressing

Shredded lettuce

Tomato quarters

Cucumber twists

2 lemon quarters

Recipe

Mix seafood ingredients (cooked prawns and crab) and dressing together and place on bed of shredded lettuce. Garnish with tomato quarters, cucumber twists and lemon quarters.

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Cheese, Prawn and Asparagus Salad

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Serves 2

Preperation Time 15 Minutes

Contents

Sea Fish

Ingredients

4 oz (100 g) cottage cheese

6 oz (150 g) peeled prawns

4 tablespoons chopped and diced cucumber

freshly ground black pepper

unlimited lettuce or watercress

8 oz (200 g) asparagus tips

Recipe

Mix the cottage cheese, prawns and cucumber together, seasoning to taste with the pepper.

Lay the mixture on a bed of shredded lettuce or watercress and decorate with the asparagus tips.

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Szechwan Rice

Serves **4**Preperation Time **25 Minutes**

Contents

[Rice](#)

Ingredients

Chinese Rice: 2 cups

Red Chillies: 3 whole pieces

Garlic: 5 big flakes or ten small flakes

Ajinomoto: One teaspoon

Salad Oil: Four tablespoons

Soya Sauce: One tablespoon

Salt to taste

Recipe

Boil rice in a way that every grain is separate. Spread the rice on a big dish and cool. Soak the red chillies in vinegar. Chop garlic flakes.

In a wok, put salad oil and heat it thoroughly. Reduce heat and put the chopped garlic. Fry till golden

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Batata Vada

Serves 5

Preperation Time 20 Minutes

Contents

[Potato](#)

Ingredients

600 gms of potatoes

1 one inch piece ginger

10-12 cloves of garlic

4-5 green chillies

1 ½ cups of gram flour (besan)

1 tspn of red chilli powder

Salt to taste

A pinch of soda bi-carbonate (baking soda)

¼ tspn turmeric powder

2 tbbspns of chopped coriander leaves

Oil to fry

Recipe

Boil, cool, peel and mash the potatoes and keep aside. Make a paste of ginger, garlic and green chillies.

Prepare a thick batter of besan with water, red chilli powder, salt and soda bi-carbonate. Heat a little oil. Add ginger-garlic-green chilli paste.

Add mashed potatoes and turmeric powder and mix well. Add chopped coriander leaves and salt to taste. Let the mixture cool. When cold, form lemon sized balls.

Heat oil in a kadai. Dip the potato balls into the besan batter and deep fry in hot oil till light golden brown.

Serve hot with chutney or sauce of your choice.

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